

SPSC 2018-2019 Skating Season

Sherwood Parkdale Skating Club

Welcome Returning and New Members alike to the 2018-2019 Skating Season

Special points of interest:

- *SPSC Coaching Team*
- *Program Highlights and What's NEW*
- *Community Club*
- *Stay Informed*
- *Dates to Note*

Hello Skaters and Families. I, and our board of directors of volunteers, would like to welcome you to the Sherwood Parkdale Skating Club's 2018-2019 Skating Season.

I would like to introduce myself. My name is Laurie Godfrey and I am the President of the club. I have been involved with Skate Canada for up to 50 years. First as a skater, then coach, Volunteer and probably more importantly from your perspective, a Parent of Skaters in the programs. I also volunteer my time on the Board of Directors at the PEI Section of Skate Canada.

It is my utmost goal to make sure all our skaters, no matter a beginner or seasoned skater,

receives the best programming possible. We strive to align ourselves with programs across the country and always look out for what is best for the athlete so they may reach their personal goals in the sport.

Along with learning to skate and achieving goals, we hope everyone enjoys their time here with us at SPSC making new friends and getting the most out of their skating experience. Get involved, work hard and have fun! This is your club!

As volunteers we do not have regular office hours nor may you always see me at the arena when you are there, however, if you have any questions please do not hesitate to

contact me. I always do my best, as do our board members, to answer e-mails within 3 days.

Wishing you all the best for a great season.



Laurie Godfrey
President, SPSC

Let us introduce you to our SPSC Club Coaching Team

First off we welcome Sabrina Hinson who is a National, Level 3 trained coach who will be coaching our Senior Group lessons, Synchronized Skating Team, Lead Coach for Adults as well as coaching on Canskate.

Jessica Godfrey Primary Starskate Regional Coach returns as our Canskate Co-

ordinator for PreCanskate & Canskate, Junior Group Coach, Lead Coach for Community Club as well as coaching on Adults.

Hannah Hardy Primary Starskate Regional Coach returns in the role of Jumpstart Group Coach as well as coaching on our Canskate sessions and Community

Club.

Elizabeth Clark Primary Starskate trained returns this season on our Canskate Sessions.

We congratulate Madeline MacDonald on starting her training as a professional coach and welcome her to the team as a club Canskate coach.

All of our coaches contact information is on our home page under "Club Coaches". As well you will find contact information for any of the freelance coaches available to you.

Please feel free to contact the coaches to discuss your skaters progress or long term goals.

Pre-Canskate & Canskate

All our Canskate programs (excluding Community Club in Crapaud) are just about full. Some space is remaining on Mondays.

NEW FOR CANSKATE:

- sessions are now 45 mins long. Our rates were prorated with no increase to fees for the season.
- Advanced Canskate is available for stages 4-6 with some exceptions for stage 3 upon approval of a club professional

PRE-CANSKATE

New—Reduced rates at the Pre-Canskate Level.

Parents have the option of assisting their PreCanskater on the ice provided they meet all criteria.

- To assist only, not a skating lesson for parent (we have an adult session if you wish to learn to skate yourself).
- Must purchase a Skate Canada membership for insurance to be on the ice. Contact our registrar.
- Must wear a helmet unless approved by a Club Professional.

SPECIAL EVENTS

Registration is open for our **2018 Holiday Gala**. This season we are having our ice show in December as a Holiday Gala to raise food and funds for the Food Bank. For those who have skated with us before, we are not having a show in March this year. Register today for this fun event. This is for all skaters no matter your level or if you are new or an experienced skater.

Our **Canskate Merit Event** will be

held on Thursday, February 7th this season. This event is for all our Canskaters from stage 1-6 from any of our weekly Canskate & Jumpstart Programs, who wish to participate. There is no regular skating this day. This is a fun opportunity for all skaters (beginners or experienced) to celebrate their learning thus far. There is no fee however, *Skaters MUST Register*. Registration is open now and will close on January 24th. No late registrations will be accepted. Log into your account and go to 'Registration' and scroll to 2019 Canskate Merit Event to register your participant today.

ACHIEVEMENTS

Ongoing achievements are updated in your child's account. Please go to 'Links' on our home page to find valuable information on how to access your ongoing 'report card'. Skaters will receive ribbons and badges as all components are completed for Agility, Balance and Control in each level.

Completing these components can take some time as there are many skills within each component. Your skater is doing great! Celebrate their efforts!

PARENT MEETING

The plan is to have a parent meeting during the first or second week of our sessions. Please note as volunteers, schedules may change. This is an opportunity to go over important information, procedures, and ask questions.

REMINDERS

1. All participants must wear a CSA approved hockey style helmet. (no bike helmets permitted) and a pair of mitts or gloves. ***All these must stay on until the skater is fully off the ice.***

Please Note: Fluffy, fuzzy mittens are proving to be a safety hazard as fibers from the mittens stick to the ice causing a hindrance to blades. Please avoid this style of mitten.

2. Knee Pads: If your child is choosing to wear knee pads it is recommended (if they are the plastic type) to wear a hockey sock or leg cover over the top. Plastic against the ice makes it difficult for skaters to stand up from the knee position.

2. Parents are not allowed on the ice with exception of on-ice insured approved volunteers; or insured PreCanskate guardians assisting.

3. There is **NO ACCESS** at the players benches beside the ice surface (except in the case of an emergency). Please view your skaters from the stands or the warm viewing area upstairs.

For best success and enjoyment a proper fitting skate is key. Our coaches or a specialty sports store can assess the fit of your skates if you are unsure.

Please contact us if you wish to get involved as a volunteer on our board, or assist with events.

If you have questions or need to talk to our coaches and it can wait until the after the session instead of before the start of a session, it is much appreciated.

Check your calendars regularly

(when logged into your account) for events, theme days, or cancellations. NOTE: all hockey tournaments on your calendar have been preset and are not part of your registration. These missed days have been taken into account in your fees. Our volunteers do their best to send out reminders but you can assist by reviewing your calendar regularly.

STARSKATERS-Jumpstart, Juniors and Seniors

New this season....

Seniors have a scheduled off-ice class on Sundays and increase in Group Lessons.

Jumpstarts have an extra session with Advanced Canskate to complete Canskate badges.

Friday October 12th and 19th 3:30pm-5:15pm all STARskaters

(under 15yrs as of July 1st are encouraged to come out at **no cost** onto our Synchro Sessions to experience what it would be like to be on a team. Dis-

counts for families joining the team are being considered by the board. More information to come.

STAR Days are a bonus day for **all STARskate levels** to participate in this in-house seminar style session with all STARskate Club Coaches. The first one is **Wednesday, November 7th 6:00pm -7:00pm**

Watch our **EVENTS PAGE** on our Home Page for competitions. Dates and entry deadlines are updated as available. Coming soon will be applica-

tions for the 2018 NB Winter Skate which has been dedicated as the off-island event sponsored by SPSC.

High Test Day in December is held at the Charlottetown Skating Club. Information will be provided as it is confirmed.

Fall Youth Camp information is out and will be forwarded to you by e-mail. The cost is subsidized through the PEI Section. This is a great opportunity for all skaters and if possible, is recommended you consider taking advantage. These seminars are a wealth of information and can be very inspiring.

2018 Motivational and Education Days

Our 3rd Annual Motivational and Education Days kicked off our 2018-2019 Season with success.

We welcomed guest coach Mary Liz Wiley from Quebec for the on-ice instruction.

Guest Professional Skater, Jairus Godfrey, from Disney on Ice assisted Mary Liz.

For off-ice, Synergy Fitness provided fitness assessments for our skaters.

The Club is very proud and pleased to provide this great opportunity for our skaters and hope all enjoyed themselves and took away something useful from this experience.



Friday consisted of PA Training and an evening with all STARskaters with a Pizza Dinner and Motivational activities. We had a great turn out! Check out our poster in the lobby this week. Skaters also painted “Dream/Goal” Boxes and ornaments with what skating means to them.

The winner of our Draw “Get Caught Working Out” from the summer is Brenley Bissett. Brenley will receive a complementary book “Plan, Skate, Track”. These books are available for a low \$15 for each STARskater (retail \$34.95).



Community Club



Bring a Friend Day comes to Community Club on **Saturday, October 27th**

All participants in our Community Club program may invite one friend to join them on this day. CSA approved

Helmets and mittens are mandatory.

Volunteers needed—Reminder we are still in need of program representatives for this program. If you are willing to help, please contact Laurie Godfrey asap. Thank you.



STAY INFORMED

The best place to stay informed is your personal calendar when you are logged into your account, and our Home Page News column.

Our volunteers will do their best to send out reminder e-mails but this is not always possible. Please check your calendars regularly for no skating days or change in times.

Our Home page 'program information' and 'terms and conditions' has lots of information on what to expect in your program and items such as withdraw and refund policies. Many of us will sign off and agree to terms and conditions when registering without reading first. Please review this information so you are fully informed as our volunteers must follow the club bylaws and policies.

Please go to our Links Page (on our Home Page Menu Bar) for vital information. All parents are asked to view the Parent Section of Responsible Coaching.

Winter will soon be upon us. Our programs cancel only if the arena is closed*. A notice will be posted on our website as soon as we know. If possible, we will send out e-mails to our participants though this is not always possible. Watch our website NEWS Column and check the radio stations for both or either our program cancellation or arena closure.

ONLY travel if you deem it safe even if we are running the program during bad weather.

*Exception for cancellation due to weather is at our Community Club. The arena rarely closes however our coaches are travelling from out of the area. If deemed unsafe for our coaches, this program will cancel.

DATES TO NOTE

- Halloween Theme Week October 25th—29th. Dress up in a costume safe for skating
- Holiday Ice Gala registration is open. Deadline to register is November 1st